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The REGISTER

LOCAL NEWS | LOCAL STORIES | LOCAL ADVERTISERS

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Turley photo by Amanda Munson
Eve Gran and Gavin Foote pose for a photo before heading into the Ludlow High 2026 prom.
 More photos on page 3.



LHS hosts Enchanted Garden Prom

By Amanda Munson
 Staff Writer
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HOLYOKE – On the evening of May 22, the Ludlow High School Class of 2026 and 2027 held their ‘Enchanted Garden’ themed junior and senior prom at the Log Cabin, which offered stunning landscape views.

Walking into the event space, students were welcomed with colorful floral arrangements, flowers for each student, and spots to take photos at the photo-booth or compete against each other in a game of corn hole outside. Students put on their best dress, suit, and outfit and were excited to dance the night away.

The dance offered chicken wings, sliders, mac and cheese, meatballs, pizza, and much more.

The most popular item on the menu was the Shirley Temple.

School Committee recognizes student representative

By Amanda Munson
 Staff Writer
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LUDLOW – On May 26, the School Committee recognized and honored Ludlow High School Senior and Student Representative Class of 2026 Samuel Pontes during the commendation portion of the meeting.

Chair Sarah F. Bowler began, “I’ve had the pleasure of knowing Sam since he was little, knowing his mom since I was little, and it has been a pleasure having you on our committee. You have brought so much intelligence, information, candidness...it’s been a joy having you here.”

Your maturity and presence has been amazing so we want to present this to you, in appreciation for your service as a student member of the Ludlow School Committee 2025 to 2026, this recognition is presented with grateful admiration from the Ludlow Public Schools,” ended Bowler.

Pontes shared a few

words on the recognition after receiving a plaque, “Thank you guys so much, it means a lot.” Following was the regular LPS announcement by Pontes, “I think it’s really important to talk about the senior events coming up, they’re really important to me and a lot of our seniors at LHS.

Like Superintendent Dr. Tiano briefly mentioned, we do have Class Night, which is an opportunity for local businesses and other scholarships to present money towards LHS students. I think it’s really interesting and wonderful the way Ludlow does it because it provides competition within students and really shows the character of the student working towards that specific scholarship.

As well as Senior Farewell, with the walk through and the ceremony is an item of tradition that we have in Ludlow and something we

Please see **SCHOOL COMMITTEE**, Page 5

Harris Brook Elementary presents Social Emotional Learning announcement

By Amanda Munson
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LUDLOW – At the May 26 School Committee meeting, Harris Brook Elementary School Principal Nikki Reed was joined by students to present a social emotional learning presentation. Superintendent Dr. Tiano shared that Reed would be representing the last school and department update for this school year and Reed began, “Thank you for having us!

It always goes back to,

if kids aren’t ready to learn, they’re not going to learn. It starts with the social emotional aspect of learning.”

“With me today are the following students, Fifth Grade Student Ambassador Elliana D., Fourth Grader Hazel-Grace T. who holds leadership skills, and Parker K. who runs our community meetings each month. They’re great voices and share what we are doing this year for social emotional learning with the support of one of our counselors,” said Reed.

Representing grades two

through five, Parker K. shared that the month of Oct. represented social awareness. The slide presented to the committee was an example of skill-based which teaches students about the topic of the month and a strategy or skill regarding it.

The visual shown was how success begins with believing you can, changing your words can change your mindset. An example is thinking you can’t do it and changing

Please see **HARRIS BROOK**, Page 5

Ludlow honors and remembers the brave who made the ultimate sacrifice

By Amanda Munson
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LUDLOW – During the weekend of May 25, the Town of Ludlow and the Ludlow Veterans Services honored the fallen brave men and women who made the ultimate sacrifice.

Beginning with the annual wreath-laying ceremonies across Town, like Island Pond Cemetery and the Sgt. Joshua D. Desforjes Memorial at the high school, the solemn tradition of remembrance allows the community to come together and pay tribute to those who answered the call of duty and never returned home. Based on the Veterans Services Facebook, at each location, the community reflects the sacrifices made by generations of service members and reminds the local heroes whose legacy continues to live on.

Following the wreath-laying ceremonies was the candlelight vigil and the Memorial Day Parade but unfortunately due to inclement weather, the vigil was postponed, as of The Register press time a



Submitted photo
Three wreaths at the Sgt. Joshua D. Desforjes Memorial at Ludlow High School.

new date hasn’t been announced, and the parade was cancelled. “This decision was not made lightly. Memorial Day is one

of our community’s most important traditions as we

Please see **VETERANS**, Page 6

Baird Middle band director Mark Turcotte shares insight on music department

By Amanda Munson
 Staff Writer
 amunson@turley.com

LUDLOW – During the week of May 29, the Baird Middle School Band Director Mark Turcotte shared how his second year in town has been teaching at the school and why he chose a career teaching music.

1. What originally made you want to pursue music as

a career?
 “I auditioned and got into the Central Mass Junior District orchestra when I was about 11 years old. I was so enthralled by the sound that I was a part of that I knew that performance would always be a part of my life.

Like most band directors, I started playing my instrument in my elementary school’s band program. I just never stopped!”

2. How would you encourage a student who’s on the fence of joining the band/chorus? What do you wish you were told when you were younger?

“If you’re in elementary school, definitely get yourself to instrument rental night! It’s June 4th at Harris Brook this year. Listen to your di-

Please see **BAND DIRECTOR**, Page 5

Superintendent Dr. Frank Tiano talks upcoming retirement, shares 36-year educational career

By Amanda Munson
 Staff Writer
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LUDLOW – Last week Superintendent Dr. Frank Tiano talked about his upcoming retirement, after four years working within Ludlow Public Schools and a total of 36 years working in the world of education.

Tiano, who shared his teaching journey to becoming superintendent of Ludlow, he also shared the best advice he’s ever received and what

he hopes those pursuing a career in education learn from his experiences. Graduating high school in the 80s and graduating from Bentley University with his bachelor’s in business management, Tiano expressed interest in teaching and pursued and earned his Master’s in Elementary Education at Simmons University.

Sharing that he wanted to pursue an English degree but was talked out of it and figured he’d go into the family business, “I still had that

dream of being a teacher and in my junior year at Bentley, I studied abroad and was exposed to great literature and history, and after I enrolled at Simmons. I finished in one year and found myself teaching fifth grade in New Hampshire.

I absolutely loved it and haven’t looked back since,” said Tiano. Beginning as an elemen-



Superintendent
 Dr. Frank Tiano

tary teacher in Nashua, NH, and moving to Chelmsford, MA, and serving them for 15 years, Tiano explained his journey following the position of an elementary assistant principal, elementary principal, middle school principal, assistant superintendent, and ending as the superintendent.

“That was 2010 when

I first became a superintendent. In between there I earned my Doctorate of Education in Leadership and Schooling from UMASS Lowell, and the goal was never to move up vertically; I just always loved working at what I was doing. As long as I could help teachers, help students and families, and serve the community, I was good.

Those opportunities were made available to me and then from there, I was in Framingham Public Schools

as superintendent and learned a lot about urban education. From there, I was superintendent of Uxbridge for three years and led that district during the pandemic, and found out a lot of good about teachers, people and how everybody came together to transform and shift their thinking about how we do education, and to do that quickly.

It was scary but heartwarming as well. Before ar-

Please see **TIANO**, Page 8

Honoring our heros



Submitted photos

Despite the rainy weekend, Rocky's Ace Hardware in Ludlow remembered the selfless courage of our fallen soldiers on Memorial Day. We thank you for your service and our freedom.

The Register travels to Bermuda



Submitted photo

As Ludlow residents and members of the Ludlow Senior Center, Jack Joao and Irene Robinson went on a cruise to Bermuda recently. They brought a copy of The Register along with them on the cruise and shared this photo with The Register readers.

First Church drive-thru Strawberry Supper

LUDLOW – The fantastic drive-thru Strawberry Supper at First Church in Ludlow on 859 Center Street in Ludlow returns on Saturday, June 13, 2026.

The menu includes phenomenal sliced ham, baked beans, potato salad, roll & strawberry shortcake for only \$18. Curbside pickup time is between 4:30 and 5:30 p.m.

Call now to secure your reservations 413-547-8720.

Dine Out Day at Krazy Jakes

WILBRAHAM – The Wilbraham-Hampden Rotary Club will hold Dine Out Day at Krazy Jake's, 2537 Boston Road on Wednesday, June 17 all day according to Rotary Vice President Peter Salerno.

Krazy Jakes will donate 10 percent of their customers' meal check to the Rotary Club to support community services. The Dine Out event runs from 8 a.m. until 9 p.m.," said Salerno.

Diners must present a special coupon that they will receive upon entering the restaurant.

All proceeds from the Dine Out will go for community services that benefit everyone from school children to senior citizens.

The Rotary Club's motto is "Service Above Self". For more information about the Dine Out Day call club Peter Salerno at 203-214-7954 or email PSalerno1@aol.com.

The Ludlow Cultural Council announces call for Teen Bands

These bands will perform at "The Show" community music event Sept. 27

LUDLOW—The Ludlow Cultural Council is seeking local bands made up of musicians ages

13-18 to perform at The Show, an all-ages live music event taking place on Sunday, Sept. 27, 2026 from 3 to 8 p.m. at the Ludlow Fish & Game Club Pavilion.

Four bands will be selected to perform live on a shared stage in front of a community audience.

The event is designed to celebrate young musicians and create opportunities for

teen performers to share original music, gain live performance experience, and connect with other artists from across the region.

"The Show" is part of the Ludlow Cultural Council's ongoing efforts to support youth arts programming and create accessible creative opportunities within the community.

Band Application Re-

quirements:

Applicants must submit:

- * Band name
- * Number of members
- * Video of 2 songs performed live
- * Music recording (Bandcamp, streaming link, or MP4)
- * Setlist including song durations and lyrics
- * Setup requirements and full instrument list

* Parental consent required to participate

The submission deadline is August 1, 2026.

Chosen applicants will be notified by August 10, 2026.

Applications and more information can be submitted online at: www.ludlow-culturalcouncil.com

Questions may be directed to: theshow01056@gmail.com

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Kylie Sarrasin with Giani Perez were excited to be back at the Log Cabin for their prom, ahead of graduation.



Victoria Davidson donned a red dress to match her striking red hair.



Couple Rhyan and Sam match all in blue together, with matching corsages.



This trio donned green, yellow, and blue dresses and were excited to get the party started.



Matching in all blue, this trio of teachers and a student were smiling ear to ear, happy to see each other outside of the classroom.

Enchanted Garden Prom



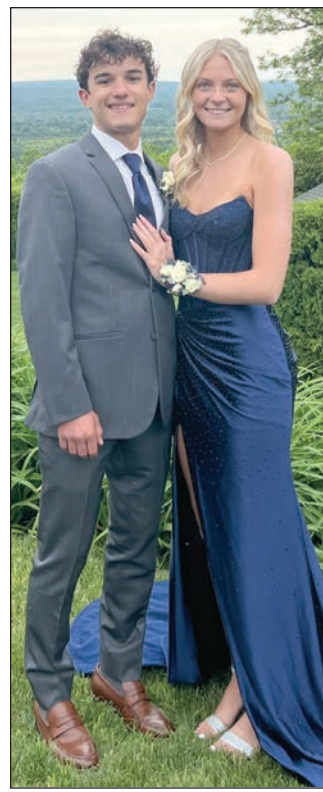
Cristiana Marques with Jack Demperia.



Turley photos by Amanda Munson
Emily Connaughton with Sienna Leveille wore striking sparkly dresses.



At each table setting, LHS students were greeted with flowers and enchanted decor.



LHS Student Representative Samuel Pontes smiles with his date Ava.

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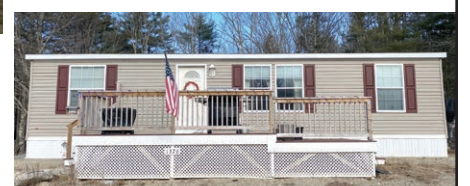
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OPINION

GUEST COLUMN



By Ellenor Downer



Photo by John Kunhardt

Green heron

John Kunhardt of Belchertown took this photo of a green heron catching a fish at Lake Wallace.

The green heron is solitary at most seasons and often somewhat secretive, living around small bodies of water or densely vegetated areas.

When seen in the open, it often flicks its tail nervously and raises and lowers its crest.

The small heron is about 16 to 22 inches long. The green on this bird's back is an iridescent color and often looks dull bluish or simply dark.

They have orange yellow legs, chestnut neck, black crown feathers. Young birds are duller and brown with a striped neck.

Northern birds migrates as far as Panama and northern South American. Green herons in the most southern states do not migrate.

Green herons inhabit coasts and shorelines, forests and woodlands, freshwater wetlands, lakes, ponds, rivers and saltwater wetlands. Their call is a sharp "kyowk" or "skyow."

They nest in a wide variety of situations, including willow thickets, mangroves, dry woods and open marsh. The female lays three to five pale green or blue green eggs. Both the male and female incubate the eggs which takes 19 to 21 days.

The male chooses nesting territory and calls repeatedly from prominent perch in tree or shrub. Displays of male include stretching neck forward and down and snapping bill shut, pointing bill straight upward while swaying back and forth. Male and female may perform display flights around territory. Nest site is usually in shrub or tree 5-30 feet above ground, but sometimes on the ground.

It is often very close to water, but it can be quite distant away. The nest is a platform of sticks. The male begins construction, then female builds while male brings materials.

Both parents also feed their young by regurgitation. Young begin to climb about near nest by 16-17 days after hatching, usually make first flight at 21-23 days.

They are fed by parents for a few more weeks. Young are reportedly capable of swimming well. These herons have one to two broods per year.

These herons forage mostly by standing still or stalking very slowly at

edge of shallow water, waiting for prey to approach. Sometimes they use bait by dropping a feather or small twig on surface of water to lure fish within striking distance.

They eat mostly small fish, but will also eat crayfish and other crustaceans, aquatic insects, frogs and tadpoles. Other items include grasshoppers, snakes, earthworms, snails and small rodents.

Black and white warbler

My daughter, Paula, saw a black and white warbler by the cross country trail at Quabbin Regional High School last week. As the name implies, the warbler has black and white feathers with black streaking on the breast and white wing bars, white eye line and white belly.

Red shouldered hawk

A Montgomery resident had a red shouldered hawk in her yard. She sent a photo of it in flight.

Whippoorwill

I received an email on May 15 from a Belchertown resident. She stated, "The whippoorwill is back in my yard again this year. The calls start around dark and continue off and on till sunrise. She or he perches on the roof and calls all night. It can be very annoying as you are trying to sleep, but I still feel blessed or cursed."

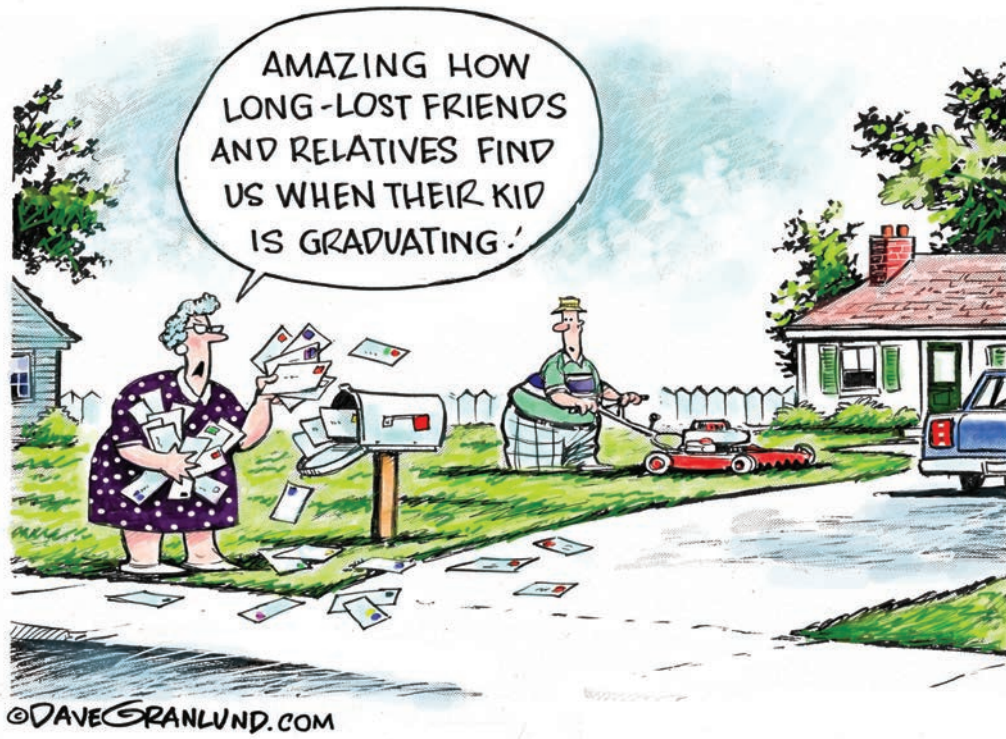
Common Ravens

A Brimfield couple had common ravens in their yard last month. They stated in an email, "We mostly hear them and sometimes see them flying over a local feature called West Mountain that is about 1000' elevation and runs north/south about a half a mile east of our house."

They stated, "On a Thursday a raven was in the driveway where I throw a seed mix daily for ground feeders. I saw the bird from inside the garage, my wife saw it with binoculars from inside the house."

They stated, "We both noticed the larger size, bigger than the American Crows that often feed in the same area. I noticed the wedged shaped tail when it flew away and my wife saw larger, heavier bill and the shaggy throat feathers." A few days later they saw three ravens.

People may report a bird sighting or bird related experience by emailing mybackyard88@aol.com or edowner@turley.com or mailing to Barre Gazette, P.O. Box 448, Barre, MA 01005. The Palmer office has a new phone system and I will be getting an extension where messages may be left. I will publish the number as soon as it is set up.



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GUEST COLUMN

I'm being released from Incarceration. What are my Social Security options?

Dear Rusty:

In a previous column, you wrote about people who filed for Social Security late in life.

I am currently incarcerated and will be filing for Social Security in the fall of 2029. I will be 74 years old in the first week of January 2029. Unless I read it wrong, could I be eligible to collect the previous six months?

If this is so, how would that work? Would I get that all at once or incrementally? According to the chart we once got in the mail, I should be collecting the maximum amount. I've worked all of my life and never collected Social Security before. Also, my ex-wife remarried and has since passed away. Do I qualify for part of her Social Security?

Signed, "D" in Danbury

Dear "D" in Danbury:

I'm afraid you cannot receive Social Security benefits while you are incarcerated, even if you are eligible for them prior to your release.

Thus, you cannot get retroactive Social Security benefits for any period you were still incarcerated. For clarity, although most who apply at a later age (e.g., in their 70s) do have the option to claim retroactive benefits, you cannot get any SS benefits for any month you were still incarcerated. Further, you will not get credit for delaying your application for SS benefits while you are incarcerated (you won't earn Delayed Retirement Credits during your incarceration).

Assuming (from what you shared) that you expect to be released from incarceration in the fall of 2029, you can apply for your SS benefits to



start upon your release. Be aware, however, that it usually takes several months for your application for SS benefits to be processed and you can specify the month you wish your benefits start.

Your benefit amount will be based upon your average monthly earnings for the 35 highest earning years over your lifetime. But you cannot get retroactive SS benefits for time prior to your release from incarceration. Since Social Security does not pay benefits for partial months, you can file for your SS benefits to start effective with the month following the month in which your incarceration ends. Be sure you have your official prison release documentation (parole or discharge papers) in hand when you apply for your Social Security benefits.

FYI, some correctional facilities have a "Prerelease Agreement" with Social Security, which may enable you to file for your SS benefits three to four months prior to your release from incarceration. Be sure to check with your facility to see if they have such an agreement with Social Security and, if so, use it to apply for your benefits in advance of your release. This will facilitate your SS benefits starting more quickly upon your release.

You did not ask about healthcare coverage, but since you will be eligible for Social Security, you will also be eligible for Medicare upon your release. When you ap-

ply for your Social Security benefits, you can also apply for Medicare Part B (coverage for outpatient medical services), the premium for which will be deducted from your Social Security payment. FYI, Medicare Part A (coverage for inpatient hospitalization services) is free and automatic because you are also eligible for Social Security.

Finally, regarding survivor benefits from your ex-wife, you can only get a surviving ex-spouse benefit if you were married for more than 10 years and your own SS retirement amount is less than your ex-wife was receiving at her death. In other words, you can only get one SS benefit either your own or your deceased ex-wife's amount, whichever is higher.

The Association Mature Citizens Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. This article is intended for information purposes and does not represent legal or financial guidance. It presents the opinions and interpretations of the Association Mature Citizens Foundation's staff, trained and accredited by the National Social Security Association. To submit a question, visit amacfoundation.org/programs/social-security-advisory or email us at ssadvisor@amacfoundation.org. Russell Gloor is a Social Security advisor for AMAC.

The REGISTER

LETTERS TO THE EDITOR

Letters to the editor should be 250 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication.

We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language.

All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources.

Send letters to: The Register, 24 Water Street, Palmer, MA 01069 or email theregister@turley.com. The deadline for submissions is Friday at noon.

SUBMISSIONS POLICY

Readers, local merchants, institutions, municipalities, non-profit groups, and civic organizations are strongly encouraged to send The Register your hometown news and photos. News items and press releases should be sent via email to mharrison@turley.com as an attachment AND pasted directly into the email message screen.

Please send photo captions identifying all subjects in your image(s) from left to right.

We need first and last name, hometown, title if applicable, and a brief description of what subjects are doing in the photo. Email uncorrected, raw, RGB color digital photos at highest resolution directly off your camera to mharrison@turley.com.

Publicity chairpersons are encouraged to send in news about upcoming fundraising or other calendar events at least three weeks before the event.

If you are having difficulty with a press release or need help, please call (413) 283-8393.

To send submissions by regular post, mail to: The Register, 24 Water Street, Palmer, MA 01069.

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ELECTION LETTERS POLICY

The Register welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to theregister@turley.com. Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call the editor at 413-283-8393.

Campaign news
As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact advertising, 413-283-8393 about paid advertising in The Register.

Not every health challenge is a visible one

"But you look so good!" When someone with a disability hears those words, it's not necessarily a compliment. In fact, it may make them feel unseen and unheard. That's because many disabilities are not immediately apparent to others.

According to the World Health Organization, 1.3 billion people worldwide live with disabilities. In 2008, the number of Americans with disabilities was about 39 million, but that number is probably much higher now because of the effects of the COVID pandemic. About 17 million adults report symptoms of "long COVID," with most saying that the symptoms limit their daily activities to some degree.

Many symptoms of long COVID, such as fatigue and "brain fog," are invisible. In fact, it's estimated that more



By Teri (Dreher) Frykenberg, RN
Guest Column

than 70% of disabilities are invisible, including autism, ADHD, dyslexia, chronic illnesses and mental health conditions. Many invisible disabilities go undiagnosed or misunderstood, leading to barriers in education, employment, travel and marketplaces.

"True inclusion begins when we start recognizing what we cannot see," says Mary Anne Ehler, president of Protected Tomorrows in Lincolnshire, which helps special needs families prepare for the future. "Families in all walks of life experienc-

ing all forms of disabilities, no matter if developmental, cognitive, physical or mental health disabilities, need specialized guidance and support."

Autism is a prime example. It lies along a spectrum from mild to severe, meaning that many children and adults who appear "normal" may in fact be struggling with work, school and social interactions. Someone could wonder why that person is behaving as they do without realizing that there is an underlying cause.

Another example in the news recently is dyslexia, which causes children and adults to have difficulty with reading and writing because of how their brains are wired. Cruelly, children with

Dog licenses expired on March 31

LUDLOW – Dog licenses expired March 31. All residents are required to license their dogs annually per MGL C.140, §.137. Starting July 1 there will be a late fee of \$10.00 per dog in addition to the licensing fee.

We must have the most current rabies certificate to license your dog.

Residents have the option to obtain a license in-person or by mail or Town Clerk drop box behind Town Hall.

When mailing in your

payment or utilizing the drop box: please include a self-addressed stamped envelope, valid rabies certificate, along with a check payable to the Town of Ludlow. Mail to: Town Clerk, 488 Chapin Street, Ludlow, MA 01056.

\$15 Neutered/spayed dogs; \$20 for Not Spayed/Neutered. If you have any questions, please contact the Town Clerk's office 413-583-5600 (request Town Clerk's Office) or email clerk@ludlow.ma.us.

Patriotic music program on June 7

PALMER – The Fanfare Brass presents a Patriotic music program celebrating the 250th founding of our country on Sunday, June 7 at 3 p.m. at St. Paul Church located at 1060 Central Street in Palmer, Mass.

The program starts 1768 to current songs and we speak a little about the history of each song. A program/song sheet will be passed out for those who would like to sing along.

Program songs include: The Liberty Song, God Save Good Washington, The Girl I Left Behind, My Country Tis of Thee, British Grenadiers, Chester, Yankee Doodle, Shenandoah, The Star Spangled Banner, Columbia, Battle Hymn of the Republic, Battle Cry of Freedom, Dixie, Cruel War in Over, When Johnny Comes Marching Home, Eternal Father, America the Beautiful, Stars and Stripes, You're A Grand Old Flag, God Bless America, It's A Long Way to Tipperary, Pack Up Your Troubles, Armes Forces Themes, Hail to the Chief, God Bless the USA.

For more information contact David Neill at 413-686-5027 or email tbn8@aol.com.

St. Elizabeth looking for vendors

LUDLOW – St. Elizabeth Parish, Ludlow, is now accepting applications for vendors for the St Nick's Christmas Bazaar on Saturday, Nov. 21 from 9 to 3

p.m. The 8' table is provided and the charge is \$40.

Please call Pat at (413) 531-6997 for an application or additional questions.

Crafters wanted for fall craft fair

LUDLOW – Crafters Wanted for the Rosary Sodality's St. Nicholas Craft Fair and Raffle on Saturday, Nov. 14, 2026, at Christ the King Church located at 41 Warsaw Avenue in Ludlow from 9 a.m. to 3 p.m.

The cost is a non-refund-

able \$40. fee for an 8-ft table, which will be provided by the church.

To reserve a table or for more information contact Debbie Martell at 413-547-8739 or Lorraine Bernier at 413-519-7658. Light refreshments will be available.

SCHOOL COMMITTEE

from Page 1

should cherish; I'm really grateful I get to be part of it this year. The walk through entails a whole walk through the LHS building, as well as the seniors being bussed to each of the three schools in the district and walking through, to see familiar faces from years ago.

It's bittersweet but it's awesome to see how far you've come; I'm really looking forward to that myself. I want to reiterate that I am so grateful to you guys, referring to the School Committee, this year. I've had an amazing experience, and this is something I will truly cherish and take with me for the rest of my life," ended Pontes.

BAND DIRECTOR

from Page 1

rector and just keep plugging away at it a little bit every day!"

3. What do you hope students take away from a concert experience? Do you have a favorite song they've played this year?

"I really want them to have the feeling of putting on a great show. When everyone is listening across the band and making their contributions and are confident in the roles they play in the music, there's no feeling in the world like that. That's my

wish for all my students."

4. What can families/residents look forward to in these warmer months?

"A well-earned summer off! We don't have any gigs lined up for the summer, but I'll be busy playing!"

5. Lastly, what is the best piece of advice you've ever received?

"I've gotten so much from every director I've ever played for; so much from my mentors when I was a young teacher, it's really hard to choose one bit of advice. Maybe it's this one, make every day your masterpiece."

HARRIS BROOK

from Page 1

ing it to, 'I'm still learning, I'll keep trying."

Elliana D. followed by explaining the HBES motto and the messages behind them, stating that at the beginning of each year, students discuss what each part of the motto means and how they can continuously show it throughout the year. The motto is honesty, be responsible and respectful, everyone belongs and shows their best effort.

Honesty means being truthful in what we say and do, telling the truth when we have made a mistake, and telling truthful adults important information. Being dependable and doing what you're supposed to be doing, making good choices and considering how your choices affect others, while also treating others

with consideration, friendliness, politeness, and kindness.

Everyone belongs by being welcome, safe, and part of the classroom community regardless of their differences. Lastly, making a strong attempt and working hard, even when something is challenging; doing your best, not giving up easily, and focusing on the process of learning and improvement.

Following was explaining the zones of regulation, learning about mindfulness, and explaining the compass room program which allows students a safe space to reset, regulate, and reflect on their social emotional needs. The presentation concluded by saying thank you to the committee, the three students for presenting the information, and Reed for her work in improving social emotional learning in the HBES students.

What's Happening

at Hubbard Memorial Library

To register for programs or find out more information, visit ludlow.cwmars.org, or call (413) 583-3408 x113. Weather-related announcements for outdoor events will be made on the library's Facebook page the morning of the program.

Library Hours: Mon 9-5, Tue 9-8, Wed 9-5, Thu 9-8, Fri 9-5, Sat 10-2. Closed Saturdays during the summer, Sundays and holidays.

Friends of the Hubbard Memorial Library, third Thursday of the month, 6:00 pm. Get involved! Join the Friends of the Library for their monthly meeting and learn how you can help support the library.

FOR ADULTS

Adult Craft Workshop - Make a Dinosaur Rubber Duckie Soap, Tuesday, June 9, 6:00-7:00 PM. Create your own bathtime masterpiece using glycerin-based soap. Add vibrant colors, glitter, delightful natural scents, and even embed a dinosaur rubber duckie toy! Ready to use the following day. Please register.

Sound Energy Healing Series, June 13, 10:30 AM. Enjoy an hour of peace and calm absorbing healing vibrations from instruments like the quartz crystal bowl. Session led by Mystic Willow. Bring a yoga mat, towel, or something to lay on, as well as a blanket. Please register.

Lenny Zarccone Sings Songs of Sinatra & Friends, Wednesday, June 17, 3:00 PM. Love the sounds of Frank Sinatra and Dean Martin? Join us as crooner Lenny Zarccone sings popular classics of the 50s, 60s, and 70s. Lenny's upbeat shows include unforgettable music and comedy - all presented with Lenny's inimitable style and flair. Don't miss this one! Please register.

Felted Otter Workshop, June 24, 2:30-4:00 PM. Dive into needle felting with this adult craft workshop taught by Popup Art School! Use wool and a needle to create a fuzzy and playful sculpted otter. Suitable for beginners. Please register.

Over the Hill and Far Away: New Englanders in the Corps of Discovery, June 25, 6:30-7:30 PM. When we imagine the members of the Lewis and Clark Expedition, we often picture frontiersmen from the Appalachians or mountain men of Missouri. In reality 8 New Englanders joined the journey, and one was even born in Hampden county! Museum professional and living history interpreter Dennis Picard will be here to tell us more about the exciting lives of these men. Sponsored by the Ludlow Historical Commission. Please register.

Chair Volleyball for Seniors - Every Monday and

Thursday, 1:30 PM. Have some fun and join us for chair volleyball! No running or jumping required. Walk-ins are welcome!

Technology Appointments, Have questions about your smartphone, tablet, or laptop? Book a 30-minute, one-on-one technology appointment by visiting the reference desk or calling (413) 583-3408, x114.

Seeking Local Artists, Seeking local artists, craftspeople, and collectors who would like to display their wares in the library's display case. Exhibits remain in place for one calendar month. For more information, or to arrange a showing, call (413) 583-3408, x113.

Mass Center for the Book Monthly Reading Challenge, Each month, read a book based on a chosen theme. Participants will be entered to win a free tote bag full of books! For more information and to sign up, please visit <https://www.massbook.org/readingchallenge-2>

Who picked this book? Book Club Meeting, first Thursday of the month, 3:30 pm. Join us for this month's Who picked this book? Book Club meeting! Pick up a copy of this month's book at the circulation desk.

Happy Hour Book Club Meeting, last Thursday of the month, 6:30 pm. Join us for this month's Happy Hour Book Club meeting! Pick up a copy of this month's book at the circulation desk.

FOR YOUTH

Grow, Play & Learn Playgroup for 0-2 year olds, Thursdays, June 4, 11, 9:45 - 10:30 am. Sponsored by Pathways for Parents CFCE. Please register.

Grow, Play & Learn Playgroup for 2-5 year olds, Thursdays, June 4, 11, 10:45 - 11:30 am. Sponsored by Pathways for Parents CFCE. Please register.

Paper Mache Hot Air Balloons, Saturday, June 6, 11:00-12:30 pm. For ages 8-17. Please register.

Minecraft Club, Saturdays, June 6, 13, 20, noon to 1:50 pm. For ages 7-11. We have Minecraft accounts. Please register.

Father's Day Card Making Drop-in, June 8 through 16. For youth of all ages. Drop-in.

Dinosaur Rubber Duckie Soaps for Youth, Tuesday, June 9, 4 to 5:00 pm. For ages 8-17 with adult supervision. Please register.

Nintendo Switch Night, Tuesday, June 9, 6:00-

Please see **HUBBARD HAPPENINGS**, Page 8

CAREGIVING FOR DEMENTIA

A Night of

Guidance & Support

The Arbors at Chicopee is offering a **FREE** seminar for caregivers that support loved ones living with dementia. Join us to learn about ways you can approach your loved one's care with confidence.

WHAT WE WILL DISCUSS:

- Preventing caregiver burnout
- Tips on caregiving for dementia
- Q & A Session

Let us know if your loved one would like to join an activity with our community & residents while you attend the presentation!

JUNE 18TH
THURSDAY
6:00pm



PRESENTED BY:
DEMENTIA SPECIALIST
ED WALTERS-ZUCCO, RN



THE Arbors
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Submitted photos
 "Dedicated to the men and women who have served their country."

VETERANS from Page 1

come together to honor and remember the brave men and women. However, the safety of our veterans, participants, volunteers, families, and community members must remain our top priority.

While events may be cancelled, the purpose of Memorial Day is not. We encourage everyone to take a moment to pause, reflect, and honor the memory of our fallen heroes and the sacrifices made for our freedoms.

Remember, honor, and never forget," from the Veteran Services Facebook. Following the Memorial Day weekend, residents can now find updated Hero

Banners lining East St. with the old ones returning to their families, and the new ones continuously being installed through the month of July. "As you see them displayed, please take a moment to reflect, remember, and thank those who wore the uniform in defense of our freedoms. We are proud to honor our local heroes, past and present."



One of the wreaths at the annual wreath-laying ceremonies.



PET PAGE



PET OF THE MONTH Meet Mckinley!



She is a 10-year-old rescue miniature Schnauzer/Chinese Crested mix owned by David Maiga and Elizabeth Tavares. She loves long rides in the car, outdoor time by the pool and cuddling on the couch with human family and pet siblings.

ATTENTION READERS!

Send in your pet picture for our "Pet of the Month" and receive a FREE weekend get-away or spa package for your pet courtesy of Porter Road Pet Care. Email your photos to: jwalker@turley.com. Please include your name and your pet's name.



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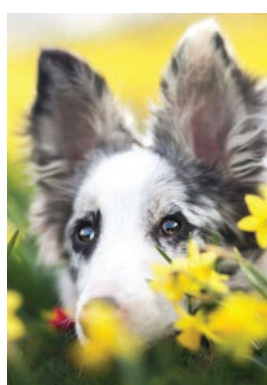
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We Teach You How to Train Your Dog!

Your Dog's Barks, Whines and Growls and What They Mean

Dogs make a lot of sounds. From howling and growling to whining and crying. Some dogs tend to be more talkative than others. Some breeds also tend to have certain distinctive sounds, Rottweilers "purr," Siberian Huskies "talk," Shiba Inus "scream" and Basenjis "yodel" instead of barking. But in general, there are a handful of sounds most dogs make to communicate with other dogs and with people.

Barking - Dogs have different barks depending on the circumstances. Your dog could be alerting you

to danger or just showing you how happy he is that you're home. A bark can indicate joy or fear, anger or awareness, frustration or need. The key to understanding the bark is context and knowing your dog. A dog with separation anxiety might have a high-pitched, repetitive bark that gets higher as the dog gets more anxious and upset. Boredom barking is more monotone and repetitive. An alert bark is usually sharp and staccato, while an alarm bark is similar but with more intensity. When your dog wants something from you, her

barks are sharp and continuous. Suspicious barking is typically slow and low. Fearful barking is also low, but it's usually faster. And playful barking just sounds playful.

Growling - Growling is usually a warning sign. It's telling another dog or a person to back off, that if you don't stop touching the dog's food, toys, body, or get out of his space, then he might become aggressive. Take a growl seriously and make your dog comfortable. And remember, never punish a dog for growling. If you do, you're punishing him for

giving a warning. The next time he won't warn you first. If the growl is more of a low grumble and you are playing tug of war at the time, then it's a play growl and things are fine.

Howling - Not all dogs howl. Often triggered by high-pitched noises, howling seems to be contagious among dogs. When an ambulance races through an area, listen to the sounds of the neighborhood dogs. Some researchers believe howling is a way that dogs communicate among pack members. A dog that howls when left alone may be try-

ing to talk to their owners who left them behind.

Whining - Dogs often whine when they want something. Your dog might whine when she needs to go outside, wants a treat, wants to go for a walk, or just wants your attention. But whining can also be a sign of fear or anxiety. A dog that's afraid of going to the vet may whine when you get there. A dog with separation anxiety may whine when he's left alone.

Yelping and whimpering - When your dog cries, whimpers or yelps, it's typically a sign that he's in pain.

A dog might yelp when playing if another dog bites too hard. These sounds are how dogs communicate distress to the rest of the pack or to their humans.

Sighing & Groaning - When your dog lets out a hearty groan or a deep sigh, is he showing either extreme contentment or severe disappointment. If you've just had a great walk or a fun romp in the yard, a sigh is likely a sign of happy satisfaction. However, if your pup has brought you the ball five times and you won't throw it, the sigh is likely one of bummed-out frustration.

SPORTS

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Girls tennis closes out regular season with home win



Ashlyn Mortimer sends a return hit away.



Beatrice Chelo guides a solid hit over the net.

LUDLOW – The Ludlow High School girls tennis team had a tough season in 2026, going just 3-10. The Lions would score their third win at the end of the season, defeating Belchertown 3-2 at the Ludlow Tennis Club. Ashlyn Mortimer won in second singles, and both of Ludlow's doubles teams picked up wins.



Turley photos by David Henry www.sweetdogphotos.com
Leila Cruz gets a return hit during doubles action.



Sophia Alvaro makes a nice return for the Lions.

Mutiny battles Hartford to scoreless draw

LUDLOW – On Friday, May 22, the New England Mutiny battled the Hartford Athletic to a scoreless tie. The Mutiny is now 1-1-1 on the season. They previously defeated the Worcester Wanderers and had a defeat against the Hudson Valley Crusaders. More on the Mutiny and their new challenges in next week's edition.

Turley photos by David Henry www.sweetdogphotos.com

Kayleigh Lukasik sends a pass away.



Ben Alexander gets ready to clear the ball.

Turley photos by David Henry www.sweetdogphotos.com

WMass Pioneers fall to NEFC

LUDLOW – On a very rainy evening, the turf was not kind to the Western Mass. Pioneers as they fell at home against NEFC 4-2. The Pioneers, which have a lot of new players on the roster this season, fell to a disappointing 1-2 on the short regular season. The Pioneers had another home game scheduled during the weekend, and were in action on the road against Black Rock FC. The Pioneers are on a lengthy road trip and are not playing at home until Friday, June 19.



Kursten Shade looks to shoot in traffic.



Nadia Cassmajor sends a pass away.



Dylan Hunston looks to clear the ball.



Michael Gouvin sends a pass away.



Se-Hanna Mars fights for the ball.



Chicopee's Sam Breton clears the ball away.



Pearse O'Brien seeks to settle the ball.



Thomas Wadas, of Ludlow, eyes a teammate up the field.

Ludlow announces second annual restaurant week

LUDLOW - Town Administrator Marc Strange is pleased to announce that the Town will host its second annual Restaurant Week from June 6-14, allowing visitors to explore Ludlow's diverse local restaurant culture at a discount.

The Town hosted its first Restaurant Week in 2025 as part of its ongoing "Get Lost in Ludlow," tourism campaign, which aims to draw attention to and highlight the diverse range of quality dining, outdoor recreation spaces, and craft breweries, among other attractions that reflect the charm of Ludlow.

Six local businesses participated, receiving overwhelmingly positive feedback from business owners, community members, and more.

This year, Restaurant Week will be held from Saturday, June 6, to Sunday, June 14. All six of last year's participating restaurants will be returning, as well as seven first-time participants, more than doubling the amount of

menus visitors have to order from.

"I would like to thank Get Lost in Ludlow and the Ludlow Selectmen for putting together Restaurant Week," one restaurant owner wrote on social media following last year's event. "It was very well promoted, and we got a tremendous amount of foot traffic from it."

The event also received newspaper and television media coverage, reaching an estimated audience of 14 million with coverage showcasing the culinary talents and welcoming culture of Ludlow's local restaurants.

Restaurants expected to participate include:

The Lighthouse, 108 Sewall St.

Tandem Bagel Company, 44 Riverside Drive

Koqui Restaurant, 6 Fuller St.

Mill's Tavern & Grille, 14 Worcester St.

Ludlow Coffee Co., 135 East St.

Elsie's Creamery at Randall's Farm, 631 Center St.

Vanished Valley Brewing

Co., 782 Center St.

Primavera Cafe Restaurant, 257 East St.

Sole Syndicate Brewing, 100 State St., Building 122

Casa Pizzeria, 325 East St.

The Villa Rose, 1428 Center St.

BarBurrito, 319 East St.

Come E Cala-Te, 191 State St.

To learn more about the deals each establishment is offering, visit getlostinludlow.com/restaurant-week2026/ or follow Get Lost in Ludlow on Instagram or Facebook.

"We are so excited to be hosting our second annual Restaurant Week event," said Strange. "Our local restaurants, many of which opened in Ludlow within the past year, have become a staple for our community members. These restaurants, their owners, and staff, are a reflection of the culture, pride, and friendliness that reinforce the spirit of our Town, and we are pleased to be able to showcase their efforts with events such as these."

TIANO from Page 1

riving in Ludlow, I took a job as an interim middle school principal and what that did for me for one year was help me sharpen my skills, get back working on the ground with teachers, working with students and families, and renewed understanding of what our teachers and administrators needed and how I could best serve them," said Tiano.

Tiano said, "I've been here four years. This has been my favorite place and really enjoyed the people and the Town. I love what I do everywhere, and this has been great," said Tiano. "One of the biggest things that superintendents or people in my position assume is because you're on top of the organizational chart, you think you have to know everything. It's not about that; it's about working together and getting a clear picture of the problems you're trying to solve."

Referring to the question of what made him decide to retire; I love what I do and good at what I do, it's a hard thing to walk away from but

at the same time, you know when it's time. You like to go out when you feel you've done some of your best work," said Tiano.

When asked what his most memorable moments have been in his career, Tiano shared it was anytime he was able to interact with the students and watch them perform, recalling the performance from Harrisbrook Elementary, The Lion King earlier this year. Also stating anytime he was able to attend a football game or soccer game, the eighth-grade graduation ceremony, or when the Ludlow Fire Department visited East St. Elementary and everyone was playing with the water hoses.

"For all the education stuff we do, watching kids be in an environment in which they feel safe, their learning, and surrounded by good teachers and staff, I'm able to walk away from a building and say, this is working! Day to day, there is so much good happening within our schools and our job is to help them get to the next level," said Tiano.

Following the conversation revolving around his career, when Tiano was asked about what he enjoyed outside of work, the answer was cooking and playing golf with his son. Tiano shared a few insights on the end of his career, "The only thing in education that you can count on is change and when you wrap your mind around that, you'll be in good shape."

I could say that better, but the needs of students evolve, the needs of families evolve, the technical revolution is not even a year, and we're preparing students for jobs that don't even exist yet. There's so much change and as educators, we have to change with the students, times, and with the economy and be flexible, meaning always learning.

It means putting together good school improvement plans, good district plans that are embedded in research, best practice, and data that shows what your community needs. And then willing to go get it and willing to adapt because our kids need us," said Tiano.

HUBBARD HAPPENINGS

from Page 5

8:00pm. For middle and high school age. Pizza provided by The Friends of the Library. Please register.

Music and Movement, Wednesdays, June 10, 17, 23, 11:00 - noon. For ages 2-5. Sponsored by Pathways for Parents CFCE. Please register.

Pokemon Club, Wednesdays (biweekly), June 10, 24, 3:30 to 4:45 pm. For gr. 3-8. Please register.

Father's Day Puzzle Gift Making, Saturday, June 13, 11:00 am to 1:00 pm. For youth of all ages. Drop-in.

Youth Chess Club, Mondays (biweekly), June 15, 3:30 pm. For ages 9-17. Please register.

Youth Crochet Club, Tuesdays (biweekly), June 16, 5:30 pm. For ages 10-17. Please register.

Anime Club, Tuesdays (biweekly), June 16, 3:30 pm. For middle and high school. Registration recommended.

"Unearth a Story" Summer Reading, June 17 through August 18, sign up on the Beanstack App. For youth of all ages. Read 20 minutes a day and earn digital raffle tickets towards one of our awesome prizes! What if you don't win a raffle? No worries! All youth participants get a small prize at the end.

Make a Stamped Tote Bag, Thursday, June 18, 5:00 pm. Ages 8-17. Please register.

Ecotarium Visit - Animal Adaptations Live, June 20, 11:00 am. For youth of all ages and families. Please register.

"Unearth a Story" Summer Reading Kickoff Party, Tuesday, June 23, 2:00 - 4:00 pm. For youth of all

ages and families. Drop-in. Nintendo Switch Night for YAs, Tuesday, June 23, 6:00 - 8:00 pm. For high schoolers. Please register.

Sing With Me, every Tuesday, 10:30 to 11:00 am. For 0-5s. Drop-in.

Lego Build Challenge, every Wednesday, noon to 5:00 pm. Drop-in.

Online Gaming Club for YAs, Every Thursday, 3:30 - 5:00 pm. For ages 10-15. Drop-in, first come first served.

Daily Drop-In Crafts, all ages. DIY crafts available in the Youth Room daily. New craft each week.

Young Adult Volunteer Program, ongoing. For 6th grade through high school. Volunteer one hour a week in the youth room. Please see our website calendar for more information and to submit an application.

YOUR HEALTH,

from Page 4

dyslexia have been labeled "stupid" or "slow," when in fact, the only difference is that they approach learning differently. Many successful people, from Tom Cruise to Cher to California Gov. Gavin Newsom, have dyslexia.

If you've ever watched someone pull into a handicapped parking space and get out of the car without apparent difficulty, remember that three-fourths of those with disabilities don't use assistive devices, such as wheelchairs, walkers or canes, according to the Invisible Disabilities Association (invisible disabilities.org).

"Everyone deserves to live their best life," Ehlert said. "Whether or not a person utilizes an assistive device, if they are debilitated by symptoms such as fatigue, dizziness, mental health disorders or cognitive difficulties, they are living with invisible disabilities."

People are quick to judge, writes Kathleen Bogart, a psychology professor at Oregon State University, Psychology Today. She cites a study that showed people are less willing to help individuals when the disability isn't visually apparent. "Society relies on appearance when deciding who is legitimate,

truthful or entitled to support," she wrote.

Invisible disabilities may also cause doctors to overlook diagnoses or assume symptoms are exaggerated.

"If providers overlook symptoms, individuals may choose not to disclose their disability at all or lose trust in the health-care system, leading to fewer supports, connections, and increased mental health strain," Bogart wrote.

In 2016, Gatwick Airport and some partners created the Hidden Disabilities Sunflower as a way to for someone to voluntarily communicate their need for extra time or assistance without having to explain themselves over and over. The sunflower symbol is now recognized all over the U.K., and has been adopted at U.S. airports, too, including Boston Logan.

The Sunflower organization offers lanyards along with personalized ID cards that identify a person's hidden disability and the types of assistance they may need. Businesses and nonprofits can join the Sunflower network as well. Visit hdsunflower.com/us for details.

The symbol conveys a universal request: Approach with patience and understanding. It is also a way to increase disability representation and show connection with the disability communi-

ty.

Recognition of invisible disabilities is likely becoming a larger challenge because "inclusion" has been tainted as the current political climate turns against diversity, equity and inclusion (DEI). Research shows that few employees reveal invisible disabilities to their employers, and even fewer are comfortable asking for accommodation, which they are entitled to under the Americans with Disabilities Act (ADA).

We can all play a part in building awareness of invisible disabilities by not being afraid to reveal them and showing kindness and consideration to those who do.

Teri (Dreher) Frykenberg, R.N., a registered nurse and board-certified patient advocate, is the founder of www.NurseAdvocateEntrepreneur.com, which trains medical professionals to become successful private patient advocates. A Monson, MA resident, she is the author of "How to Be a Healthcare Advocate for Yourself & Your Loved Ones" and her new book, "Advocating Well: Strategies for Finding Strength and Understanding in Health Care," available at Amazon.com. Contact her at Teri@NurseAdvocateEntrepreneur.com to set up a free phone consultation.

Morgan Stanley

Welcome

Morgan Stanley is proud to welcome Antonio Bastos to the New England Wealth Management Team.



Antonio Bastos CRPS®
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Financial Advisor
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DATEBOOK

Do you have a local event or activity to publicize? Please send the information as either a Word doc or plain (no bold text or other formatting) email text (no PDFs, please and do not use all uppercase (i.e. UPPER CASE) by 5 p.m. Friday. At least two weeks prior to the event is encouraged. Send your community events to theregister@turley.com

ONGOING

PLAY CRIBBAGE IN INDIAN ORCHARD - Cribbage players of all ages and ability are welcome to enjoy a fun time with other local cribbage players. Join us at Club #72, "Pegging Fools", Tuesdays at 6:30 p.m. at St. Gregory Armenian Church, 135 Goodwin St., Indian Orchard. For more information, contact Peter Setian, 413-552-6336.

VOLLEYBALL at E Street School began Sept. 16th at 5:30 p.m. They play Tuesday and Thursdays. Call the Ludlow Senior Center for more information 413-583-3564.

BI-MONTHLY FOOD DRIVE On the first Saturday of each EVEN month (February, April, June, August, October, December) First Church in Ludlow, 859 Center St., collects non-perishable foods. From 10 a.m. to 1 p.m., drive through the back parking lot. We will take your donations out of your car & bring them to the Community Survival Center to be distributed to those in need.

FREE CLOTHING. Every Tuesday from 9 to 11 a.m., in the school building located behind Crossway

Christian Church, 2230 Main St., Three Rivers. Clothing from baby through adult. Current, seasonal clothes in all sizes. Bags are provided for easy shopping. For more information call Donna, (413)478-0768.

SENIOR BINGO: Hosted by the Indian Orchard Citizens Council 3:30-5 p.m. every Monday. Free to play with great prizes. For more information, call 413-209-8240.

CHESS CLUB: Open to residents of all surrounding communities 5:30 p.m. every Tuesday at the Indian Orchard Citizens Council, 117 Main St. For more information, contact the IOCC at 413-209-8240 or indianorchardcitizenscouncil@gmail.com or stop in during operating hours. Follow the IOCC on Facebook and Instagram.

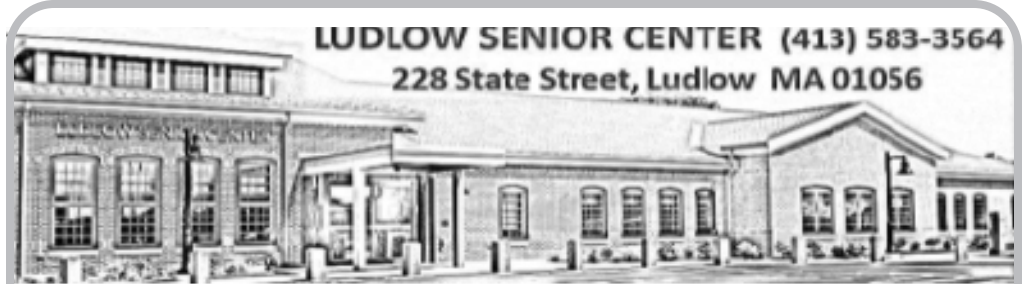
AQUACISE AT THE CLUB: The Ludlow Community Center/Randall Boys & Girls Club, at 91 Claudias Way, continues to offer Aquacise throughout the week. Aquacise is a low-impact, full-body workout performed in the water to put less stress on your joints and muscles while building strength. Classes are open to all members with pool-inclusive memberships and do not require prior registration. Classes are held Monday - Aquacise 9 to 9:45 a.m.; Tuesday - Aquajazz 9 to 9:30 a.m.; Aquacise - 10 to 10:45 a.m.; Wednesday - Aquacise - 9 to 9:45 a.m.; Thursday - Aquacise 10 to 10:45 a.m. and Friday - Aquacise 9 to 9:45 a.m. For questions, call 413-583-2072, ext. 124.

SUPPORT FOR FAMILY MEMBERS: The Michael J. Dias Support Group meets 6-7:15 p.m. on the second and fourth Tuesday of the month at Our Lady of Fatima Parish Center. Education, resources, peer support, and hope for parents and family members coping with a loved one with a substance use disorder. Anyone needing help is welcome to attend. Masks are required and we will be seated six feet apart. For more information, call Maureen at 413-563-6226.

QUABBIN VALLEY TWIRLERS If you missed the first lessons in the fall, now is the time to give yourself a gift of dancing enjoyment for the coming holiday time. Do you want some exercise, mental acuity, and lots of fun with great people? Try our national folk dance, square dancing with the Quabbin Valley Twirlers. They dance in Belchertown and Ludlow with Sunday and Wednesday evenings available. For more information, call Gloria or Fran at 413-467-3352.

BIBLE STUDY: A weekly Bible study led by Ludlow resident Hank Bastos takes place at 7 p.m. on Wednesdays at 485 East St., Ludlow. Call 413-348-6487 for more information.

SHARE YOUR SIGHT: Volunteer to read, shop or walk with a blind or vision impaired person in your community. Call the Massachusetts Association for the Blind and Visually Impaired at 1-888-613-2777 for details.



Welcome to the Ludlow Senior Center

Summer is almost here! Come gather with friends in the Center's beautiful dining room and enjoy a delicious lunch, complete with coffee, tea, and dessert. To reserve your \$2 lunch, please call 413-583-3564 at least 24 hours in advance (call by Friday for Monday reservations).

Kick off the season with an outdoor concert by Earls & Pearls, featuring favorite songs from across the decades. Plan ahead with an informative workshop on healthcare proxies, wills, and estate planning led by attorneys Mary and Sean Powers. In honor of Men's Health Month, join Men's Health Matters for a presentation on healthy aging, wellness, and maintaining independence.

On hot and humid days, don't forget that the Center is a great place to stay cool. We are air-conditioned and offer two water bubblers and a hydration station (please bring a refillable bottle). You are welcome to visit Monday through Friday from 8:00 a.m. to 4:00 p.m., and until 7:00 p.m. on Tuesdays. Be sure to read our newsletter to see which Tuesday evenings we offer a \$2 supper—no need to heat up your house, Jodi will do the cooking!

We are also looking forward to starting a morning walking group. If you are interested, please call the Center at 413-583-3564 and ask for Maria.

Activities Calendar:

Please register in advance for items with*

Thursday, June 4

- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 10 a.m. Men's Health Matters*
- 12:45 p.m. Mahjong
- 2:30 p.m. Active Yoga

Friday, June 5

- 8:45 a.m. Boomer Bootcamp*
- 9 a.m. Reiki by Appointment*
- 10 a.m. Corn Hole
- 10 a.m. Boomer Bootcamp*
- 10 a.m. Blood Pressure Checks
- 1 p.m. Ceramics
- 1 p.m. Healthy Bones & Balance*
- 1 p.m. Decorating Committee Meeting

Monday, June 8

- 9 a.m. Knitting Club
- 9:30 a.m. Boomer Bootcamp*
- 10 a.m. Blood Pressure Checks
- 1 p.m. Scrabble
- 1:15 p.m. Pitch
- 1:30 p.m. Watercolor Pencil Class*
- 2:30 p.m. Zumba Gold

Tuesday, June 9

- 9 a.m. Quilting
- 9 a.m. Line Dancing
- 10 a.m. Cribbage

- 10:30 a.m. Gentle Yoga
- 12:30 p.m. Mini-Golf Trip*
- 1 p.m. Swing Your Partner Western Dance Class
- 1:30 p.m. Bingo
- 4:30 p.m. Power Pump
- 5 p.m. Movie: *Sarah's Oil* (2026)
- 5 p.m. How to Find a Job in 2026*

Wednesday, June 10

- 8:45 a.m. Zumba Gold
- 9 a.m. Ceramics
- 9 a.m. Mobile Dental Hygiene Clinic*
- 10:30 a.m. Healthy Bones & Balance*
- 1 p.m. Movie: *Sarah's Oil* (2026)
- 1 p.m. Healthy Bones & Balance*
- 1:30 p.m. Earls & Pearls Concert (bring a lawn chair)

Thursday, June 11

- 9 a.m. Tai Chi
- 9:30 a.m. Dominos
- 10 a.m. Legal Check-Up*
- 10:30 a.m. Friends of the Center Mtg.
- 10:30 a.m. Senator Oliveira Office Hour
- 12:45 p.m. Mahjong
- 1:30 p.m. Color Clicks Digital Paint-By-Number*
- 2 p.m. Writers Block
- 2:30 p.m. Active Yoga

*PLEASE register for Boomer Boot Camp, Healthy Bones & Balance, Foot Care, and other programs as noted by calling 583-3564

Daily Events:

- Café: Monday – Friday 8-11 a.m.
- Exercise Room: Monday - Friday 8 a.m. – 3:30 p.m. Open until 6:30 p.m. on Tuesday.
- Open Billiards: Monday –Thursday 8 a.m. – 11 a.m. Fridays 8 a.m. – 4 p.m. Tuesdays 4 p.m. – 7 p.m.

Menu:

- Thursday, June 4: Garlic Herb Baked Pollock/Roasted Sweet Pot/Mixed Veg
- Friday, June 5: Peperoni Pizza/Caesar Salad
- Monday, June 8: BBQ Riblet/Sweet Pot Fries/Cucumber Salad
- Tuesday, June 9: Shrimp Scampi/Linguini/Broccoli
- Wednesday, June 10: Fruit Salad & Cottage Cheese Plate
- Thursday, June 11: Turkey Waldorf Salad/Macaroni Salad/Roll

Reserve a delicious \$2 lunch by calling a day ahead. Call on Friday to reserve lunch on Monday.

For allergy concerns, call the Senior Center to inquire about ingredients at 413-583-3564.

Run for Rice's 5K Road Race set for June 6

WILBRAHAM - The 14th Annual "Run for Rice's 5K Road Race" will be held on Saturday, June 6, 2026 at 9 a.m.

This popular, family-friendly 5K road race begins at Christ the King – Epiphany Church, 758 Main Street, Wilbraham, MA, and winds through a flat, fast course in surrounding neighborhoods, ending at Rice

Fruit Farm across the street from the start.

Pre-registration fee for runners and walkers is \$25, while day-of-race registration is \$30. Ages 18 and under registration is \$20 including day-of registration.

Everyone registered by May 21, 2026 will receive our famous race t-shirt featuring the "Running Apple" logo, and all registered run-

ners will receive a free Rice Fruit Farm ice cream with their bib number on day of race only.

Cash prizes will be awarded in several categories, and all proceeds benefit the Minnechaug Land Trust. Race day registration will be open from 7:30 a.m. until 8:45 a.m. On-line registration is available at RunSignUp.com.

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Nov. 7.....Great Gatsby at PPAC\$165
Aug. 30.....7-Night Nova Scotia Cruisefrom \$1699

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USDA INSP. FROZEN PORK SHOULDER PICNIC	\$139 lb	USDA INSP. FROZEN BEEF BACK RIBS	\$279 lb	USDA INSP. FRESH CHICKEN DRUMSTICKS 10 LB. BAG	77c lb
USDA INSP. FRESH BONELESS PORK SIRLOIN CUTLETS.....	\$239 lb	USDA INSP. FROZEN BEEF 80% LEAN GROUND BEEF 7 LB BAG	\$429 lb	USDA INSP. FROZEN PEPPERIDGE FARM CHOCOLATE FUDGE LAYER CAKE 19.6 OZ.....	\$399 ea
USDA INSP. SLICED FROM OUR DELI TURKEY BREAST	\$499 lb	USDA INSP. STOREMADE KABOBS WITH VEGGIES	\$899 lb	USDA INSP. FROZEN POPEYE'S PIEROGIES CHEESE & POTATO	\$249 ea
USDA INSP. SLICED IN OUR STORE PROVOLONE CHEESE.....	\$444 lb	USDA INSP. CUT IN STORE BONE-IN HAM STEAKS	\$399 lb	USDA INSP. FROZEN AT SEA SNOW CRAB CLUSTERS	\$999 lb

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PUBLIC NOTICES

LUDLOW PLANNING BOARD LEGAL NOTICE SPECIAL PERMIT HOME OCCUPATION

The Ludlow Planning Board will hold a public hearing in Ludlow Town Hall, Select Board's Conference Room on **Thursday, June 11, 2026, at 7:10 p.m.** on the application of Richard Yelinek of 50 Stevens Terrace, Ludlow, MA (Assessors' Map 15B, Parcel 141) for: **home office for limousine business.**

If for any reason this hearing is cancelled, it will be rescheduled to Thursday, June 25, 2026.

Raymond Phoenix, Chairman
05/27, 06/03/2026

Legal Notice Ludlow

Annual Town Meeting of May 11, 2026 Case #12252

Warrant Articles 4, 26, 31, and 32 (General) were approved by the Attorney General's office. "Such Bylaws have been posted according to the Bylaws and copies are available at the Town Clerk's Office".

**see full context of text in Town Clerk's office.

Posted in all 6 polling locations and at the Ludlow Town Hall.

- Precinct 1: Harris Brook Elementary School
- Precinct 2: Paul R. Baird Middle School

- Precinct 3: Ludlow High School
 - Precinct 4: East Street School
 - Precinct 5: First Church in Ludlow
 - Precinct 6: Paul R. Baird Middle School
- 06/03, 06/10, 06/17/2026

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD26P1092EA
Estate of:
Clifford Monroe Searles
Also known as:
Clifford M Searles
Date of Death: 02/23/2026
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for **Formal Adjudication of Intestacy and Appointment of Personal Representative** has been filed by **Catherine C Searles of Ludlow, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Catherine C Searles of Ludlow, MA** be appointed as Personal Representative(s) of said estate

to serve **Without Surety** on the bond in **unsupervised administration.**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m.** on the return day of **06/16/2026**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of admin-

istration.

WITNESS, Hon. **Claudine T. Stoudemire**, First Justice of this Court.

Date: May 19, 2026

Rosemary A Saccomani,
Register of Probate

06/03/2026

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD26P1163EA
Estate of:
Joseph R White
Date of Death: 04/24/2026
CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **Elizabeth White Chouinard of South Hadley, MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that **Elizabeth White Chouinard of South Hadley, MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration.**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m.** on the return day of **06/25/2026**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of admin-

istration.

WITNESS, Hon. **Claudine T. Stoudemire**, First Justice of this Court.

Date: May 28, 2026

Rosemary A Saccomani,
Register of Probate

06/03/2026



Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to notices@turley.com
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Friday at 3 p.m.

visit www.publicnotices.turley.com

The Ludlow Register OBITUARY POLICY

Turley Publications offers two types of obituaries. One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place. The other is a **Paid Obituary**, costing \$275, which allows families to publish extended death notice information of their own choice (with a word limit of up to 500 words) and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

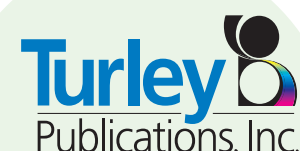
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You must be a self-starter with excellent communication and organizational skills. Basic computer skills are required. Previous print sales experience is preferred but we will train the right candidate.

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Send resume & cover letter to:



Jamie Joslyn
24 Water Street
Palmer, MA 01069
Email: jamie@turley.com

Church DIRECTORY

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
584 West St., Ludlow
413-583-8454
Sunday services
Sacrament Meeting 10- 11 A.M.
Sunday school for adults,
Young single adults(18-30) and teens (11-18)
1st & 3rd Sunday of the month from 11-12 noon
Adult Religious/Marriage and Parenting for Women- 2nd & 4th Sunday of the month from 11-12 noon
Adult Religious/Marriage and Parenting for Men- 2nd and 4th Sunday of the month from 11-12 noon
Classes for Single Adults(18-30)
2nd & 4th Sunday of the month -11- 12 noon
Classes for Young Men(11-18)
2nd & 4th Sunday of the month 11-12 noon
Classes for Young Women (11-18)
2nd & 4th Sunday of the month - 11-12 noon
Children's classes: Sunday school & singing time every Sunday(3-10) 11- 12 noon
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41 Warsaw Ave., Ludlow
413-583-2630
Pastor Rev. Raymond A. Soltys
Saturday Vigil Masses - 5 p.m. and 6:30 p.m.
Sunday Masses - 7:30 a.m.; 8:45 a.m. (Polish); 10 a.m. and 11:15 a.m.
Sunday Evening Mass - 5:30 p.m.

IMMACULATE CONCEPTION CHURCH
25 Parker St, Indian Orchard,
413-543-3627
Very Rev. Piotr Calik
Office Hours: Monday, Tuesday, Wednesday, Thursday, 9 a.m. - 1 p.m.
CLOSED FRIDAY MASS SCHEDULE
Monday 8:00am
Tuesday 8:00am
Wednesday No Mass
Thursday 6:00pm
Friday 6:00pm
Saturday 4:00pm
Sunday 8:30am (English) 10:15am (Polish)
Confessions: Saturday - 3:15-4 p.m.

ST. ELIZABETH PARISH
191 Hubbard St., Ludlow
413-583-3467
Pastor - Rev. Msgr. Homer P. Gosselin
In Residence - Rev. Norman Bolton
Deacons: Normand Grondin, Keith Davies
Office Hours: Monday - Friday 8 a.m. - 4 p.m.
Visit our website at www.stelizabethludlow.org
Like us on Facebook Check out our Parish App

Wednesday, June 3 - Daily Mass - 7:30 a.m. (C), Holy Mother Choir - 4:30 p.m. (C), Bible Study - 6:30 p.m. (JR)
Thursday, June 4 - Daily Mass - 7:30 a.m. (C)
Friday, June 5 - Daily Mass - 7:30 a.m. (C) First Friday Mass - 8:30 a.m. (C)
Saturday, June 6 - Confessions - 2:30 p.m. (C), Saturday Vigil Mass - 4 p.m. (C)
Sunday, June 7 - Sunday Masses at 7:30 a.m., 9:15 a.m., 11 a.m., 5 p.m. (C), Coffee House - 8 a.m. (FLBH/K)
Monday, June 8 - Daily Mass - 7:30 a.m. (C), Ladies Auxiliary - 1 p.m. (JR)
Tuesday, June 9 - Daily Mass - 7:30 a.m. (C), Pasta Supper - 4:30 p.m. (FLBH/K), St. Rita Choir - 4 p.m. (C), Bereavement Support Group 6:30 p.m. (ER)

ORCHARD COVENANT CHURCH
95 Berkshire Street
Indian Orchard, MA 01151
413-543-4204
Revs. Karen and Nick Munn, pastors
Sunday School for all ages, 9:45 a.m.
Worship in person, 11 a.m.
Or watch our livestream.
See our website for more information: orchardcovenant.org.

STS. PETER AND PAUL UKRAINIAN CATHOLIC CHURCH
45 Newbury St.
Ludlow, MA 01056
Phone: 413-583-2140
Pastor: Father Andriy Krip
Liturgy schedule:
Wednesday 9 a.m., Friday 9 a.m.
Rosary for Peace in Ukraine on Wednesday at 6 p.m.

OUR LADY OF FATIMA PARISH
438 Winsor St., Ludlow
413-583-2312
Father Pedro DeOlivera
Office hours: Monday - Thursday 9:00 a.m. to 5:00 p.m., closed 1:00 p.m.-2:00 p.m.
Sunday Masses - 9 a.m. (Portuguese); 11 a.m. (English)
Monday and Wednesday Morning Masses - 8:30 a.m. (Portuguese)
Tuesday and Friday Masses - 5:30 p.m. (Portuguese)
Saturday Vigil Mass - 4 p.m. (English)
First Saturday of the Month - 8:30 a.m.
For more information, visit ourladyoffatimaparish.org.

FAITH COMMUNITY CHAPEL
A Church of the Nazarene
485 East Street, Ludlow
(413) 583-7875
Email: FCCPastorLisa@gmail.com
Lead Pastor: Rev. Lisa Morrison
Associate Pastor: Gary Coombs
Sunday Morning Discipleship Groups meet at 9:45am
Worship service meets at 11am
OTHER MEETINGS
Tuesdays: Zoom Bible Study 7pm
Fridays: After School Club for Children 5pm
AA Group 7pm

FIRST CHURCH IN LUDLOW
859 Center St. Ludlow
413-583-3339 office
Office hours Monday & Wednesday 10 am to 2 pm
Reverend Darcy Borden, Pastor
413-285-3069
Call her at other times to make an appointment
Sunday Worship at 10 am alternating weekly with Grace Union Church, Wilbraham
Check our Facebook page or website for the schedule of worship and events
<https://www.facebook.com/firstchurchludlow>
Website: www.ludlowfirst.com



NOTICE

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.



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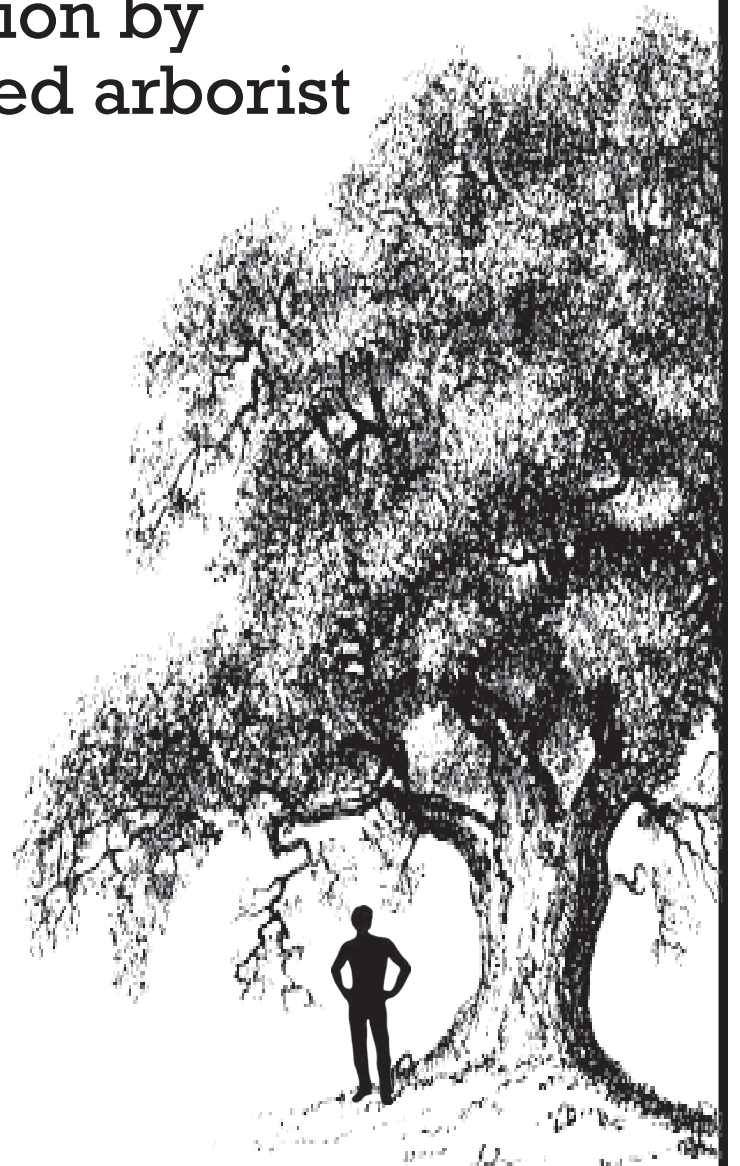


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